

To. Board of Management of Amesley Hall

Madam President -

Ladies -

Miss Greyford

has accepted the position of
assistant in the gymnasium
and proving herself a worthy-
successor to Miss Drumington.

Her work is good.

She believes the gymnasium should
be the place for healthy recreation
On a vote of the student body
we changed the hour for gymnasium
work from five to six o'clock
each day of the week, excepting

Monday - ² because Y. H. C. A. meets
at that hour.

Monday we have a special class
from nine to ten o'clock
arranged for the third year
students who have lectures
from five to six one day in
the week.

This is the most popular class
of the week.

The hour from five to six is well
yet - successful - but we find
from the University Calendar that
it is practically a free one
and it is the hour recommended
by physicians and teachers of
physical Education.

The Students are taking exercise most of their, in some form Field Hockey, walking, Tennis and Gymnasium.

The general health of the students is better on an average than last year and our physical examinations shows our incoming class stronger, and larger in body.

Respectfully Submitted,

G. Scott Kaff, Director

November 13th 07

Committee of Management of the Victoria Women's Residences,
Madam President,

Ladies,

We have had a very interesting term of work in our gymnasium during October, November and December. On Monday evening of each week the classes have been well attended and the students enthusiastic. On Tuesday evenings we have Centre Ball, the first and fourth year girls usually playing against the second and third year girls. Miss Denne of the third year, who is working for Certificate, has been the leader on these nights. Miss Denne is doing good work in Pedagogy also.

Wednesday at five we have had a union class of University women from Victoria and University College for we purpose having an open meeting in the University Gymnasium in February.

These classes have been well attended before the holidays. On Thursdays at five the classes have not been well attended, not averaging more than seven or eight, but these are earnest and Miss Wreyford reports good individual work in this class. On Fridays at five the class is in Fencing for those who understand fundamental principles and are strong enough to take this advanced work. This year we are giving this work free of charge.

We have seventy-four students registered in the gymnasium, forty taking systematic exercise and register daily the form of exercise, riding, walking, tennis, and now skating and gymnasium. Fifteen are taking exercise but irregularly and twelve have not done any work in the gymnasium, two of these having been forbidden gymnasium work by their home physicians. With the exception of

three students our girls claim to be well and have returned from their holiday in the best of spirits.

I would refer the ladies to the daily record to be found in the office of the Director at Annesley Hall if they are interested to note the manner of registration.

Respectfully submitted,

E. Scott Kaff
Director.

To

The Victoria Women's Residence Association.

Madam President:-

Our students are daily taking exercise, but mostly on our out-door gymnasium. Every girl is skating - with the exception of three. I have excused the students from gymnasium on the days that they skate.

The classes in the gymnasium have therefore been very small during the past month. I have started some work in deportment, - walking, sitting, street and reception deportment. The students seem to be very much interested in this.

The general health of the girls gives us cause for thankfulness.

Respectfully submitted
E. Leo Raff.



The Velona Woman's Educational Association

Annesley Hall

Queen's Park

Toronto

Oct 14-08

Madam President:-

Ladies -

With eighty-one students in Residence at Annesley and South Hall I realize that the obligation of the Director is a serious one. Thirty-three of the thirty-six incoming students have registered for physical training. Seventeen of this number have been examined by Dr. Davis and the Director and we find the girls not strong, after fifteen names I find such words as "weak ankles", constipation, postural defection, postural curvature, chest breathing - corset. The girls do not stand, walk, sit well nor walk properly, and from my own gymnasium test - they are not breathing properly and are absolutely ignorant of the value of relaxation. Gymnasium work has been arranged as



Annesley Hall
Queens Park

follows —

Monday and Tuesday at Seven in the ^{Toronto} morning -
Classes in deep breathing, relaxation, extension
of muscles, relaxation, ~~and~~ deportment - and
light exercises in Swedish - with the Director
Wednesday, Thursday and Friday at Five o'Clock P.M.
Apparatus, marching, ^{and} Swedish followed by outdoor
games in Basket and Captain Ball - with Miss Mayford
A class in Deportment - (dining-room) still to be arranged.
Contrary to agreement sixteen girls came in
without gymnasium suits and this has caused
delay.

The students playing in the ^{tennis} Tournament have
been excused from gymnasium classes
I have arranged a series of ^{five minute} latkos to give ^{only} ^{breathing}
girls in these early morning classes ⁱⁿ
diet, sleep, fresh air, exercise, bathing and
the real purpose of the gymnasium ^{for} ^{our} women
which is to give them health and vigor of mind
and body to fit them for their work in life.

Respectfully Submitted
E. Scott Raff.

Nov. 08

The Women's Educational Association,

Victoria College.

Honored President:-

Dr. Davis has finished her medical examination of the incoming students and reports the conditions that make for health above the average. The students of the second and third years have also been examined and the report of these is satisfactory.

Remedial work has been in progress in the gymnasium for the past month for postural curvature, incorrect sitting and walking positions. The exercises given thus far are for corrective work: freedom, deep breathing and extension. In response to a request followed by a petition signed by thirty names, I teach the classes every morning at seven o'clock. There are also classes with Miss Wreyford at five o'clock on Thursdays and Fridays. We usually have an average from twenty-four to thirty-nine in the morning classes.

Thus far, the girls pledging themselves have been faithful and all of the students of the first three years are attending the gymnasium, with the exception of four students, the Misses Stanley, Sykes, Henry, Grayson and McCrae. Miss McCrae is under the care of her home physician who forbids exercise in the gymnasium.

Yr. L. L. M. Hoff. Duick

Oct '09

To the University of Management

Madam President:

The twenty-nine new girls at Amesley and South Halls have been examined by Doctor Davis and their measurements taken in Anthropometry. These cards show on an average that the general health of the girls is good, but that they are not very strong, with some tendencies to postural curvature and two cases well defined.

The Anthropometry test shows an almost universal lack of development on the left side and in several cases a shortage in growth of from six to two inches. The classes have started with good promise, the girls are enthusiastic and seemingly anxious to have this department of work. We have laid it upon their minds and hearts that this work is compulsory and each student ^{has} ~~must~~ attend classes at least three times per week. The classes have been arranged for Monday, Tuesday, Wednesday and Thursdays at nine p.m. and on Tuesdays, Thursdays and Fridays at five, the Thursday evening session to be given at South Hall in scientific ^{and fundamental principles} breathing, ^{if this meets with your approval} ~~if this meets with your approval~~. There is a great need ^{and on Mrs. Alden's advice} for definite work in Department, ~~and~~ I have conferred with the head of the house committee regarding ways and means of helping our girls in this

very.

Respectfully submitted,

E. Scott Ruff. Director



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